

The Sting

23 May 1985

Dr. Kitty Ferguson

Warm, wonderful spring is here at last. While it doesn't last very long up here it still brings its own share of problems. Like bugs! The drone of insects on a balmy summer evening can be a pleasant sound--as long as they aren't homing in on you!

Bites and stings are unpleasant for everyone but for some they are worse than nuisance. For people with allergies to insects they can be life threatening. Bee and wasp stings are painful for everyone. A fairly large area of redness and swelling should be expected. The soreness can last several days. Allergy to these stings can cause wheezing or difficulty breathing, generalized hives, intestinal upset, or collapse.

Prevention is the best medicine here. Try to make yourself less attractive--to bugs, that is! These stinging insects are attracted to flowers so don't go around looking or smelling like one. Avoid floral prints, bright colors and above all stay away from perfumes. Avoiding perfume is harder than it sounds. Hairspray, deodorants, hand creams and bath soaps all contain enough perfume to make you irresistible to a bee. Anyone with allergies to these insects should make a point of using unscented products.

Another way to prevent stings is to stay out of their territory. Don't weed around a bush in full bloom. Before working in thick foliage first stir it up with a long stick to see if wasps are calling it home. Wear gloves when moving wood piles to avoid bites from the blackwidows who like to live there. Don't go bare foot or wear open sandals if you don't want stings on the bottom of your feet. Use effective insect repellants when you are out where the bugs are.

If you are stung first remove any parts the insect may have left behind and then apply ice cold compresses. A person with a serious allergic reaction needs immediate medical help. People who react this way probably should have an emergency kit containing adrenalin available at all times. Milder reactions can be treated with benedryl which is now available without a prescription. (Keep some in your home emergency kit.) Black widow bites need prompt medical attention. If in doubt about the seriousness of a bite or sting call your doctor for advise. Dr. Ferguson is a Heber City pediatrician who specializes in the care of children from birth to 18 years. If you have a question you would like Dr. Ferguson to answer in this column, write to Mountainland Medical Clinic, 30 So. 500 East, Heber City, Utah, 84032.

fabric scraps my children can spend an entire afternoon creating with only a few cents worth of paper plates.

What a fun and inexpensive way to keep children entertained and stimulate their creativity at

TRAVEL HOUSE

649-8742

EVENINGS 654-3424



YEEEEHAH!

Summer clogging classes for kids ages 3 to 85 are starting on May 25.

Classes will be taught on Saturdays through August 24.

Instructor, JanaLee Mechem, a member of the BYU International Folk Dancers will be teaching beginning clogging, intermediate clogging, new routines and some folk dancing.

Lessons will be \$10 per person for four lessons.

Register before May 23 and get the first four lessons for \$9.

Call 654-0560 on the weekends or 225-0189 during the week.

leave the curlers in for a few minutes after your bath, usually until you get dressed is long enough, and you're all set to go.

AVOID SUNBURNED SCALP

Dear Kristine: I enjoy your column and have used lots of your neat ideas. My little girl sunburns very easily. I always try to keep sun guard on her tender skin, but one day last summer she began to cry when I was brushing her hair. She said her head was sore. I looked and could see that down the center of her scalp where her hair is always parted was badly sun burned. Now I use a cotton tip swab and dab sun block along her part line before she goes out to play. It doesn't get all over in her hair this way and protects her scalp nicely.

Mrs. A. Jones

Thanks for the tip. Even better is a wide rimmed hat, although it's hard to get kids to leave them on. A good way to get babies or toddlers to leave their hats on is to slip it on their head and then immediately distract them with a toy or something. If you can get their mind off the hat initially, they will usually forget it's there and leave it on, at least for a little while.

Send your ideas to PARENTS' HELP LINE, 250 North, 500 West, Heber City, UT 84032 or call 654-2048.

DIAL-A-MESSAGE

654-2485

"Judged By Works?"

Heber Valley Bible Church